



# Howard County Government News Release

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## **Howard County's 3<sup>rd</sup> Annual Caregiver Workshop**

ELLICOTT CITY, MD – November is National Family Caregivers Month and in honor of the month, the Howard County Department of Citizen Services will host its 3rd annual workshop for family caregivers, "The Caregiving Journey: Making Your Way." The workshop will be held on Saturday, November 22, from 8:00 a.m. to 3:00 p.m. at the North Laurel Community Center on 9411 Whiskey Bottom Road.

Coordinated by the Department's Office on Aging, the FREE, all day event will open with a Panel Discussion with panelists sharing their experiences as 'sandwich generation' caregivers, providing care for spouses and navigating care systems. Following the discussion, attendees will have the opportunity to attend a variety of informative workshops, including:

- Aging in Place: an overview of the "Better Living at Home" program, home evaluations and home repairs.
- Examining and coping with common behaviors seen in those with dementia.
- An overview of U.S. Department of Veterans Affairs benefits.
- Communicating effectively with health care providers.
- Administering medications, managing pain medications and providing nutritional support.
- Family Mediation: when to pursue mediation and the benefits of doing so.
- Palliative Care to provide relief from the symptoms, pain and stress of a serious illness.

The workshop will also feature an Engagement Center, where caregivers will have the opportunity throughout the day to learn a variety of stress relief methods for themselves. The day's activities will culminate with an uplifting interactive performance by the FunDrum Rhythm Circle.

Registration is required as a continental breakfast and lunch will be served, and on-site respite care for your loved one will be provided by Office on Aging Senior Center Plus staff. To

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register, call Maryland Access Point of Howard County at 410-313-5980 by Thursday, November 12 to reserve your meals and respite care, and if needed, to request a sign language interpreter or other accommodations to attend.

For additional information about the workshop, visit [www.howardcountyaging.org](http://www.howardcountyaging.org) or call the Office on Aging at 410-313-6410.

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